

Feeding Children

FROM 4 TO 6 YEARS OF AGE

*Nothing can make up to a child for
the failure to give him a fair start
in the first six years of life.*

*Right food is needed for
every child's health,
growth and
behavior.*



COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF HEALTH
PRESCHOOL DIVISION
PENNSYLVANIA

BREAKFAST 7:00 to 8:00 A. M.

Choose One Article From Each Group.

FRUIT—Sliced orange, baked apple, stewed prunes or any fresh ripe fruit which the doctor permits. Raw apples may be eaten by six-year-olds. Fully ripe raspberries and strawberries may be given. Dried fruits are good when fresh fruits are not to be had.

CEREALS—Oatmeal, wheatena, pettjohn, corn meal, hominy grits are especially good. Serve with milk or thin cream. Serving cereals without sugar is preferable. If sweetening is necessary brown sugar or molasses are preferred.

Ready-to-serve cereals are less suitable than the cooked ones and cost more. They may be used occasionally on Sundays or holidays as treats: Muffets, shredded wheat biscuit, corn flakes, post toasties, puffed wheat and rice.

MILK—A glass of whole, not skimmed, milk. Cocoa occasionally.

BREAD—One or two small slices of dry bread or crisp toast with butter. Whole grain breads are better than plain white bread. Be sure the bread is at least 24 hours old.

EGG or BACON—One or two slices of crisp bacon or one egg, coddled, poached, or scrambled—never fried.



DINNER 12:30 to 1:00 P. M.

Select One Article From Each Group.

Food must be finely cut in any case as thorough chewing is seldom learned before the sixth or seventh year

SOUP or BROTH—Two or three times a week only, and small servings, $\frac{1}{2}$ to $\frac{3}{4}$ of a cup. Chicken, beef or mutton for broths, purees of green vegetables, peas or beans, thick milk soup flavored with one vegetable.

MEAT, FISH or EGG—Chicken, lamb, lamb chops, roast beef, beefsteak, minced beef, flounder, cod, haddock, oysters. Baking, boiling, broiling and roasting are the best ways of cooking meats. Egg, soft or hard boiled, poached, coddled, scrambled, or omelet. Do not give an egg at noon if given at breakfast.

POTATO—Baked, boiled, creamed, or mashed—never fried. Rice, macaroni or spaghetti may be used instead of potato.

VEGETABLE—Peas, spinach, green beans, wax beans, lima beans, asparagus, onions, cauliflower, squash, turnips, salsify, tomatoes, beets, carrots. Raw celery, cabbage, lettuce or cucumber may be given if ground. Radishes and green corn are undesirable.

Every Child Should Be Taught to Chew His Food Thoroughly.

BREAD and BUTTER—One or two small slices, always stale.

DESSERT or FRUIT—Plain puddings such as tapioca, rice, corn-starch, bread. Custards or junkets. Cookies, ginger snaps, plain cake, jam, jelly, honey, dates, figs. Ice cream.

Peaches, prunes, apricots, apples, bananas, berries. Fruit paste.

Candy, if at all, directly after meals, always simple. Avoid chocolate candies. Molasses taffy, maple sugar and honey are good sweets.



SUPPER 5:30 to 6:00 P. M.

Choose One Article Only From Each Group.

MILK SOUPS, vegetables, cereals—any vegetable or milk soup may be given, not more than one cup; or any creamed vegetable; or a cereal different from the one given at breakfast.

MILK—A glass of whole, not skimmed, milk or occasionally cocoa.

BREAD and BUTTER—Bread and butter, or simple sandwiches.

DESSERT—Any plain pudding, cookies, ginger snaps or any cooked fruit, fresh or dried.

AVOID RICH PASTRIES, RICH SAUCES OR GRAVIES, FRIED FOODS, RICH CAKES OR RICH DESSERTS.

SUGGESTIONS FOR IMPROVING THE APPETITE

We now know that a long night's sleep, a well regulated day, with regular meal times, the right amount of rest, enough outdoor play, all influence the child's appetite.

We know also that uncorrected defects usually interfere with appetite, especially bad teeth and diseased tonsils.

Meal time should be pleasant and happy.

Absolute regularity is important. The doctor's orders about foods must be followed strictly.

Make all foods attractive in color and flavor and vary the ways of serving.

The helpings should be small and no second helping or dessert given until everything on the plate has been eaten.

The child should be expected to come to the table. Encourage slow eating with thorough chewing. As children may either dawdle or be too anxious to get back to play, see to it that at least twenty minutes, and not more than forty-five are spent at the table.

Mastication or Chewing is a Most Important Step to Digestion.

RECIPES

FRUIT PASTE

(For Constipation)

1 pound prunes
1 pound dates

1 pound figs
1 pound raisins

1. Wash all the fruit unless bought in a sealed package.
2. Remove the pits from the prunes and dates.
3. Grind the fruit in a food-chopper, using the finest grinder.
4. Add 1 tablespoonful of lemon juice, $\frac{1}{2}$ teaspoonful of salt and stir well. Let stand over night.
5. Make into small balls or squares. Roll in sugar, put in oiled paper in a clean candy box. This keeps indefinitely.

This can be used as candy, 1 or 2 balls or squares after the noon and evening meal, or stirred into cereals or puddings.

Dates or figs may be omitted if they make the recipe too expensive.

COCOA PASTE OR SYRUP

1 cup cocoa
1 cup sugar

1 teaspoon salt
2 to 3 cups water

(All measures should be level)

1. Mix cocoa, sugar and salt thoroughly in the upper part of a double boiler.
2. Add water, stir well and cook for at least 10 minutes directly over the fire, stirring frequently.
3. Cook for 10-15 minutes longer over hot water.
4. Pour into cup or bowl, cool and cover.

In making cocoa with this paste:

1. Measure the amount of milk needed.
2. Add 1 to 2 teaspoons of paste for every cup of milk. Use only one teaspoon of paste for children under 4.
3. Stir well, heat slowly. Do not allow mixture to boil.
4. Beat in the skin which foams on top with a fork or egg beater.

It is one of the best parts of the milk and should not be thrown away.



SANDWICHES FOR YOUNG CHILDREN

Use dry or stale whole wheat, graham, white or rye bread. Cut bread very thin and spread butter on one slice and filling on the other slice. Make small triangular or oblong shapes. Leave the crusts on the bread. Fillings:

1. Finely chopped celery, raw carrots, lettuce, cabbage or tomato or combinations of these. Season to taste with salt and a plain boiled salad dressing, no mayonnaise.
2. Cottage cheese; chopped egg and lettuce; peanut butter and lettuce; chopped bacon and egg; chopped chicken.
3. Plain home made apple butter, jam, jelly or marmalade, brown sugar, honey or molasses.

Raw vegetable sandwiches are best given at the noon meal. The others may be given occasionally as a treat at either a light noon or evening meal. Sandwiches with sweet fillings can be used as a dessert for variety.

Give Nothing and Insist That Others Give Nothing Between Meals.
